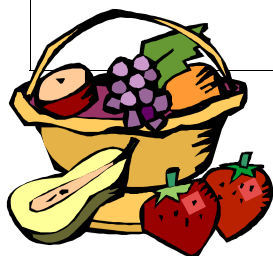


Healthy Bites



Information To Improve Your Selection and Use Of Foods In Your Home



Healthy Summer Eating

Volume XII

Eating five to nine servings of fruits and vegetables a day provides a variety of health benefits. Fruits and vegetables are rich in vitamin C, vitamin A, fiber and other nutrients. Along with physical activity and maintaining a healthy weight, eating five to nine servings of fruits and vegetables a day helps us to have good health and reduces the risk of cancer, heart disease, high blood pressure, stroke, diabetes and other chronic diseases.

The following guidelines can help you develop your plan for fitting in 5 A Day every day. With a plan, eating five to nine servings of fruits and vegetables is easy!

- At every meal and snack eat at least one serving of a fruit or vegetable.
- Start your morning off with a glass of 100% fruit juice. Just 3/4 cup or 6 fluid ounces counts as one serving.
- For a morning snack, eat a piece of fresh fruit, such as a banana, apple, orange or pear. A medium piece of fruit counts as one serving.
- Eat a large salad with your lunch. A large salad with 3 cups of mixed greens counts as three servings.
- For an afternoon snack, munch on raw vegetables like celery sticks or baby carrots counts as one serving.
- For dinner eat a dark green leafy vegetable, such as broccoli or spinach. Just 1/2 cup of any cooked vegetables counts as one serving.
- For an evening snack, choose dried fruit like raisins or dried plums. Just 1/4 cup of dried fruit counts as one serving.
- Every day eat at least one vitamin A rich fruit or vegetable, such as cantaloupe, carrots, sweet potato, spinach or broccoli.
- Every day eat at least one vitamin C rich fruit or vegetable, such as orange juice, grapefruit, fresh pineapple, green pepper or cauliflower.



Source: 5Aday.org

WORD WISE

Vitamin C

Helps healthy cell growth and repair, helps calcium absorption, helps to prevent bruising and blood clotting.

Vitamin A

Plays an important role in vision, bone growth, and other body functions.

Research also suggests that eating green and yellow vegetables which are high in Vitamin A may decrease the risk of chronic disease.



CHICKEN FRUIT SALAD

Ingredients:

2 cups cooked chicken, diced
2 apples, diced
1 cup water-packed pineapple chunks (or packed in own juice), drained
3 tablespoons low fat vanilla yogurt
3/4 teaspoon curry powder
1/4 cup chopped nuts (optional)

Directions: Mix all ingredients until coated with yogurt. Chill.

Variation: "Light" mayonnaise can be used instead of yogurt. Cooked turkey can be used instead of chicken.

Note: Adding nuts to this recipe will increase the amounts of fat and calories. Unpeeled apples were used in nutritional analysis.

Number of servings 7. Serving size 3/4 cup preparation time 15 minutes.



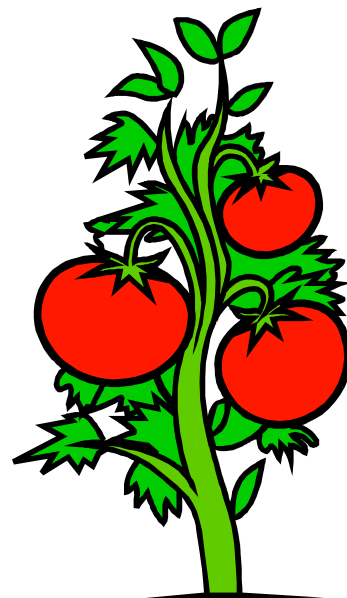
Source: MSU ERIB

Tomatoes...

Fruits or Vegetables?

Plant scientists say tomatoes are fruits because they contain seeds. However, most nutritionists think of tomatoes as vegetables because they contain so few calories compared to other fruits. For example, a medium apple contains about 80 calories while a medium tomato contains only 20 calories.

Tomatoes are not the only fruit most people think of as vegetables. Cucumbers, peppers, eggplant and squash are also considered fruits because they contain seeds. While this is a very simple explanation of the differences between fruits and vegetables, in most cases it works. Think about foods that contain seeds; most are considered fruits by plant scientists. Defining vegetables so simply is not that easy. Vegetables can be edible roots (like carrots), tubers (like potatoes), stems (like celery), flowers (like broccoli) or leaves (like lettuce).



Source: MSU Extension 4-H Program



Free Nutrition Classes: Qualifying clients can sign up for free nutrition education classes with the Expanded Food Nutrition Education Program (EFNEP) offered through MSUE in Macomb County. Clients have the option of attending night classes at the Extension office or an MSUE Program Associate will visit you in the privacy of your home.

For more information call 586-469-6432.

CHECK YOUR LABEL

Save the nutrition labels from the different foods you eat and drink. Look at each label to see how many vitamins and minerals each food has. Try to figure out what else you could eat to get more vitamins and minerals.

Source: USDA

Nutrition Facts

Serving Size 8 fl oz (237mL)
Servings Per Container About 6

Amount Per Serving

Calories 45 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 750mg 31%

Total Carbohydrate 10g 3%

Dietary Fiber 2g 8%

Sugars 7g

Protein 1g

Vitamin A 20% • Vitamin C 120%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

FOOD NUTRITION HOTLINE

MSU Extension provides a General Nutrition Hotline for county residents, (586) 469-5060.

Jane Smith staffs the Hotline, and is available M-W-F from 9 a.m. to 3 p.m. to answer general food/nutrition questions and provide information about food safety and food preservation, such as canning and freezing.

We also provide testing of pressure canning equipment to county residents. Residents will be required to leave the lid of the unit for testing and return in 2 days to pick up their equipment. No fee is charged for county residents.



Safe Handling of Fresh Fruits and Vegetables

Check

Be sure that the fresh fruits and vegetables you buy are not bruised or damaged. Check to see that fresh cut fruits and vegetables, like packaged salads and precut melons, are refrigerated at the store before buying. Do not buy fresh cut items that are not refrigerated.

Separate

When shopping, be sure fresh fruits and vegetables are separated from household chemicals and raw foods such as meat, poultry and seafood in your cart and in bags at checkout. Separate fresh fruits and vegetables from raw meat, poultry and seafood. Do not use the same cutting board without cleaning with hot water and soap before and after preparing fresh fruits and vegetables.

Clean

Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables. Clean all surfaces and utensils with hot water and soap, including cutting boards, countertops, peelers and knives. Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Packaged fruits and vegetables labeled "ready-to-eat," "washed" or "triple washed" do not need to be washed. Dry fruits and vegetables with a clean cloth towel or paper towel. Never use detergent or bleach to wash fresh fruits or vegetables.

Chill

Refrigerate all cut, peeled or cooked fresh fruits and vegetables within two hours.

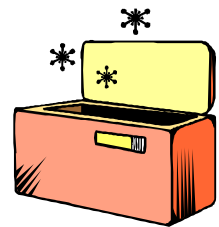
Cook

Cook or throw away fruits or vegetables that have touched raw meat, poultry, seafood or their juices.



Throw away

Throw away fresh fruits and vegetables that have not been refrigerated within two hours of cutting, peeling or cooking. Remove and throw away bruised or damaged portions of fruits and vegetables when preparing to cook them or before eating them raw. Throw away any fruit or vegetable that will not be cooked if it has touched raw meat, poultry or seafood. If in doubt, throw it out!



Source: Partnership for Food Safety Education

Check our Web site:

macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

Want to be on our mailing list? Please call!

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Copy cats permitted!



MSU Extension - Food and Nutrition

21885 Dunham Road, Suite 12

Clinton Township, Michigan 48036

Phone: 586-469-6432